




FIRST ROOT FARM CSA





 100
cucumber!

 200
radish!

 500
broccoli!

 700
chard!

 1000
zucchini!

 2000
squash!

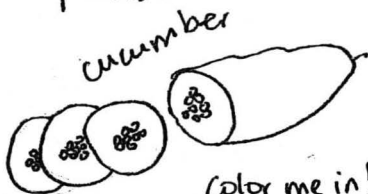
ZINE VOLUME 1 NUMBER 5

Cucurbits make their debut!

The cucurbit family has started making an appearance, and will continue to supply us with a variety of flavors all season long. The family includes cucumbers, zucchini, yellow squash, melons, gourds, winter squash, and pumpkins.



zucchini



cucumber



yellow
squash

Color me in!

Yellow Squash: yellow

zucchini: dark green
with light green
stem

cucumber: dark green
outside, light green inside

Yummy zucchini muffins

adapted from Laura's zucchini bread recipe

you'll need:

2½ cups of flour
2 T baking powder
½ t salt

½ c maple syrup

3 eggs

3 cups shredded zucchini (squeeze out water)

1 stick unsalted butter, melted

ginger

cloves

allspice

glug of milk

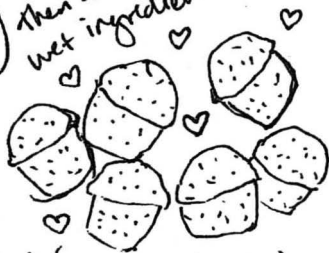
for muffins:

pour batter into muffin
tins and bake at 400°F
for 20-30 min.

for bread: bake in loaf pan
at 400°F for 30-40 min.



combine these dry
ingredients first,
then combine + mix in
wet ingredients + spices.



FARM NEWS



this week by the numbers:

59 volunteer hours logged by...

15 rockstar volunteers

98° fahrenheit (high)



176 eggs laid

1 bee sting

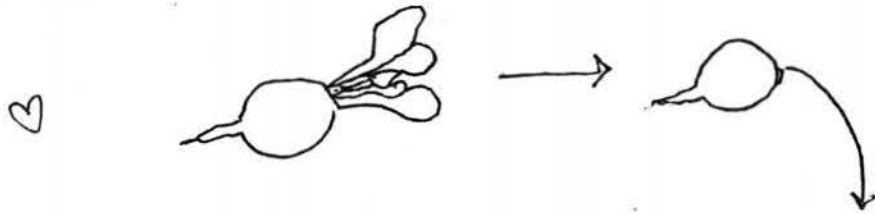
18 months - youngest visitor

93 years - oldest visitor

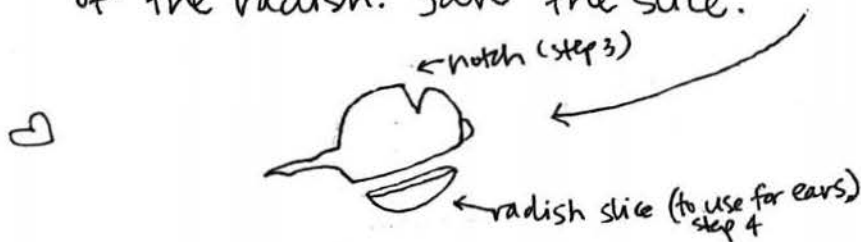
xo ARIEL

How to: Make a radish mouse

① Start with a radish. Cut off the greens.



② Cut a slice off one side, about $\frac{1}{4}$ the thickness of the radish. Save the slice.



③ Set radish on flat side. The nub where the greens were will be the nose. Cut a notch at the "top of head," closer to the end where the greens were.

④ Cut your radish slice in half to make two half-circles. These are the ears. Wedge them into the notch, and your radish mouse is complete!

Can you think of any other creatures to make with vegetables?

If you tell us about them, we'll share your great idea with other CSA members!

